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(817) 329-4746**

Temporary Crowns

Your appointment and treatment in our office today requires you to wear a temporary crown and/or bridge. Please remember to observe the following precautions while wearing your temporary.

Your temporary is made of acrylic and cemented with a lighter strength cement so that it can easily be removed when your permanent crown or bridge is completed. Its purpose is to cover, protect and hold your tooth in exact position until your permanent crown and/or bridge can be placed.

Even though the temporaries are custom made in our office and many times can be safely worn for several months, they are still temporary. You need to be careful not to eat sticky foods that might pull them loose. You should be extra careful about brushing and flossing. Any dramatic change in your bite or in the condition of your gum tissue could cause your permanent crown to fit improperly. If, for any reason your temporary should come off, be sure to call the office immediately. The prepared tooth can drift in a very short time causing the permanent crown not to fit. If your temporary comes off after hours or you are out of town, there is an over-the-counter temporary cement called Dentemp that can be bought in any pharmacy. This can be mixed together to hold your temporary in place until your next appointment.

Should you have any questions, be sure to call the office. I look forward to seeing you on your next visit.



Post Operative Care Following Surgical Tooth Extraction

1. Unless otherwise directed do not rinse the mouth the day of the surgery.
2. Ice packs should be used continuously to minimize swelling for the first twenty-four hours. Moist heat may be used after twenty-four hours for comfort.
3. Avoid hot liquids, carbonated, and alcoholic beverages for twenty-four hours.
4. Do not smoke or use soda or drink through straws.
5. Avoid spitting the day of surgery.
6. It is very important to keep your mouth very clean following surgery. A soft toothbrush, cotton swabs or gentle rinsing with salty water (1/2 teaspoon of salt in a full glass of warm tap water) is helpful before going to bed the night of surgery.
7. Beginning the next day, gently rinse the mouth using a full glass of warm water in which ½ teaspoon of salt has been dissolved three times a day. If you cannot get a supply of salt, use warm water anyway. You may brush your teeth gently and use a commercial mouthwash. Do not add salt to the warm water if you have high blood pressure or heart disease.
8. Eat soft foods (warm or cold) and maintain adequate daily fluid consumption. (Liquid food supplements, juices, malts, soup, etc.)
9. Small stitches may have been placed in the gums. These are dissolving sutures which will disappear in 6 or 7 days. You should have a return appointment for post operative check.

In Case of Bleeding

1. After your teeth were removed, a gauze compress was placed on the wound and you were asked to keep your jaws closed for 30-60 minutes. This was to help stop the bleeding and keep saliva away from the open socket. This compress may then be discarded.
2. Should slight bleeding continue, it is a good plan to put a fresh gauze compress on the bleeding place in the same manner, large enough so that it maintains pressure when the jaws are closed tightly. Hold it thus for 30 minutes by the clock. This may have to be repeated 3 or 4 times.
3. If bleeding continues in spite of the above, make a small amount of strong tea, boil it for 5 minutes, and then soak a small gauze compress in the tea. Place it firmly on the tooth socket which is bleeding and close the jaws tightly and hold this way for 30 minutes. Repeat if necessary.
4. It also helps to stop the bleeding if you will lie down with the head raised on pillows. Apply an ice bag or cold compress to the cheek on that side. Do not become alarmed or excited. Slight oozing may continue for 1-2 days. Almost all bleeding will be controlled by these measures. Remember that bleeding may appear to be more than it actually is because of the dilution in the saliva.

Explanation of Symptoms that May Occur

1. Swelling and an elevated temperature of some extent follows nearly every extraction. This is nature's way of beginning the healing process. It does not mean infection is present. After the removal of impacted teeth or trimming of bone, swelling is often quite severe. It is most often marked on the 2nd or 3rd day and begins to disappear on the 4th or 5th day.
2. Stiffness of the jaws is also nature's way of resting the part which needs to be repaired, and usually relaxes about the 4th or 6th day.
3. Black and blue marks on the face are caused by bleeding internally into the cheeks or chin. This appears first as swelling, but after the 2nd or 3rd day it may discolor the face yellow, black, or blue. It will gradually disappear in a week or ten days. A wet towel may be applied for ten minutes, three times a day. This will be comforting but will not speed up the fading process.
4. Slight numbness of the lip or tongue may occur as was previously explained. The doctor who operated is entitled to be consulted first in case of trouble. He will appreciate the courtesy. Do not hesitate to call in an emergency.
5. If intravenous medications were administered, slight redness or tenderness may occur in the region of the vein. Apply a warm moist towel and call the office the next day.
6. After sedation, drowsiness may persist up to 24 or 36 hours. If this occurs, do not drive a motor vehicle or remain without supervision.
7. The prescription for relief of postoperative discomfort should be taken as directed. Alcohol or other medications may increase the sedative effects of the medicine.

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Huckabee Dental Post-Operative Care Following Periodontal Grafting

CARE OF THE MOUTH

Brushing and Flossing. Begin brushing and flossing the areas not operated on the day following surgery. AVOID THE SURGICAL SITES until given specific brushing instructions at your postoperative visit. You may notice a white film over the surgical sites. This is completely normal.

Mouthwash. Use the prescribed mouthwash twice daily beginning the morning after surgery until instructed to discontinue.

Electric Toothbrushes. DO NOT use an electric toothbrush such as Sonicare or Oral-B Braun for 6 weeks following surgery.

Water Pik. DO NOT use a Water Pik for at least 6 weeks following surgery.

EATING

First 24 Hours. Adequate nutrition is essential for normal healing. Following surgery, your diet should be restricted to COLD LIQUIDS. Dietary supplements such as Instant Breakfast or Ensure are good choices. AVOID PEROXIDE, ALCOHOL, CARBONATED BEVERAGES, AND DRINKING THROUGH A STRAW.

After 24 Hours. Gradually progress to soft foods such as cooked vegetables, baked fish, tuna, pasta, and meatloaf, which are easily chewed and swallowed. DO NOT SKIP MEALS. If you take nourishment regularly, you will feel better, gain strength, have less discomfort, and heal faster.

ACTIVITIES

First 24 Hours. Plan to rest at home the remainder of the day of surgery and the following day. You may read, watch TV or work at your desk at home. When sleeping, elevate your head to decrease swelling.

After 24 Hours. You may return to normal daily routine, but avoid strenuous activities such as heavy lifting, or exercise programs which elevate your heart rate for one week following surgery.

MEDICATIONS

Pain Medications. Take pain medication within one hour after treatment with milk, fruit juice, or a full glass of water. Never take pain medication on an empty stomach. This medication may be repeated every four hours as needed for discomfort. DO NOT USE ASPIRIN or products containing aspirin for one week following surgery. Non-aspirin pain reliever, such as Tylenol, is acceptable, but do not take acetaminophen products with Hydrocodone. For extreme discomfort, you may alternate prescription pain medication with 600 mg of Ibuprofen.

Antibiotics. Take prescribed antibiotics as directed until all have been taken. You will begin this medication the day prior to surgery.

SWELLING

Ice Packs. Some swelling occurs after periodontal surgery. To minimize this, you will be advised to use ice packs. Place the ice pack on the outside of your face, over the treated area, for 10 minutes, and then take it off for 10 minutes. Continue to apply ice packs in this manner as much as possible the first 24 hours after surgery.

BLEEDING

Slight bleeding or oozing is normal during the first one or two days following surgery. If excessive bleeding occurs, please call our office.

SMOKING

DO NOT SMOKE or use ANY form of tobacco products for three weeks after surgery. Tobacco use is absolutely detrimental to healing tissues and will affect the results of surgery. If you can stop smoking for three weeks postoperatively, you may as well quit all together.

SUTURES

Resorbable. The resorbable sutures used usually dissolve by the time you return for your post-operative visit.

Non-Resorbable. If non-resorbable sutures were placed, they will be removed at your post-operative visit.

It is our sincere desire that you are as comfortable as possible following surgery. If you should have any questions or problems, please call our office anytime. OFFICE PHONE (817) 329-4746



Post-Operative Instructions Dental Implants and/or Bone Grafting

Immediately Following Surgery:

- If your procedure involved sinus surgery, avoid hard sneezing or blowing your nose if possible.
- You may see or feel a metal post protruding from the gum tissue at the surgical site. This is normal.
- Restrict your activities the day of surgery and resume normal activity when your doctor gives the okay.
- DO NOT wear any prosthesis unless instructed to do so by the doctor. (ie: night guard, flippers, etc.)

Bleeding

Some bleeding or redness in the saliva is normal for 24 hours. Active bleeding is very uncommon and can usually be controlled by biting on a gauze pad placed directly on the bleeding site for 10-15 minutes.

Only apply biting pressure if you are instructed that it is acceptable to do so. If you had sinus surgery or grafting a small amount of intermittent bleeding may occur from the nose for 7-10 days following surgery. This is normal and will diminish with time. If heavy or persistent bleeding occurs, please call for further instructions.

Swelling

Normally expected swelling is usually proportional to the surgery involved. Swelling around the mouth, cheeks, eyes, and sides of the face is not uncommon. This is the body's normal reaction to surgery and eventual repair. The swelling will not become apparent until the day following surgery and will not reach its maximum until 2-3 days post-op. Swelling may be minimized by the use of ice packs immediately following surgery. Two baggies filled with ice, a bag of frozen corn or peas, or commercially available ice packs should be applied to the sides of the face where surgery was performed. The ice packs should be applied 15 minutes on, 15 minutes off while you are awake. After 24-36 hours, ice has no beneficial effect. Thirty-six hours following surgery the application of heat to the sides of the face is beneficial in reducing jaw stiffness and residual swelling. After reaching peak 2-3 days after surgery, facial swelling should begin to decrease.

Pain

For the first 24 hours following your surgery, take your prescription pain medication as prescribed. You may begin taking your prescription pain medication 1-2 hours following surgery, **after** you have had something to eat and **prior** to the "numbness" of the local anesthetic wearing off. If additional pain relief is needed, you may supplement your prescription by taking 400-600mg of ibuprofen* (Advil, Motrin) every 4 hours. The additive effect will work best if you stagger your prescription medication with the ibuprofen, such that you are taking one or the other (not both) every 2 hours. The prescribed pain medicine will make you groggy and will slow down your reflexes. **Do not** drive or operate heavy machinery and avoid alcoholic beverages while on prescription medication. Pain or discomfort following surgery should peak 2-3 days post-surgery and subside on a daily basis after the third day.

Diet

Do not use straws. Drink from a glass. The sucking motion can cause more bleeding by dislodging the blood clot. Start with liquids, such as milk shakes, instant breakfast, fruit juice, and Ensure. High calorie, high protein intake is very important. Your food intake will be limited for the first few days; however, you may eat whatever you can comfortably tolerate as long as you chew on the opposing side and only eat what you can cut with a plastic fork. You should compensate for this and prevent dehydration by increasing your fluid intake. At least 4-5 glasses of liquid should be consumed daily. Do not consume any alcoholic beverages or carbonated drinks for the first 48 hours. You will feel better, have more strength, less discomfort, and heal faster if you continue to eat.

Oral Hygiene

Good oral hygiene is essential to good healing. The night of surgery, use the prescribed a mouth rinse before bedtime. Starting the day after surgery, the mouth rinse should be used twice daily, after breakfast and before bed. Rinse with one-half ounce undiluted for at least 30 seconds. Do not swallow. Continue using the mouth rinse until the bottle is finished. Warm salt water rinses (one-half teaspoon of salt in a cup of warm water) may be used 4-5 times a day, as well, especially after meals. Gentle brushing of your teeth and the healing abutments is important. When brushing upper surgical sites, use gentle downward strokes. When brushing lower surgical sites use gentle upward strokes. This may cause minor bleeding which is normal.

Sutures

Absorbable sutures are placed in the area of surgery to minimize post-operative bleeding and to aid healing. Sometimes they become dislodged. This is no cause for alarm. If the sutures are completely loose, just remove the suture from your mouth and discard it. Do NOT pull on sutures that are still intact. In non-absorbable sutures were used, they will be removed approximately one week after surgery. The removal of sutures takes only a minute or so, and there is no discomfort associated with this procedure.

Activity

Keep physical activities to a minimum immediately following surgery. Do not bend over or pick up heavy objects for the first 24 hours. Do not exercise until released to do so by the doctor. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Keep in mind that you are probably not taking normal nourishment. This may weaken you, cause increased fatigue, and further limit your ability to exercise.

Bruising and Discoloration

Significant black, blue, yellow and/or greenish bruising **frequently** occurs following bone grafting procedures and sometimes occurs following implant placement. Unfortunately, this is normal as blood pigments seep through the facial tissues. It is not painful and will resolve in 7-10 days. You may accelerate the resolution of bruising by applying heat to the affected areas using a heating pad on a low setting.

Antibiotics

If you have been placed on antibiotics, take the tablets or liquid as directed. Antibiotics are sometimes given to help prevent infection. Discontinue antibiotic use in the event of a rash or other unfavorable reaction. If you discontinue taking antibiotics and are taking a steroid, you must also stop the steroid. Please inform the doctor if the need arises to stop taking any medication. Call the office if you have any questions.

Nausea and Vomiting

Although uncommon, nausea is an occasional side effect of intravenous anesthetics or prescription medication, even when taking prescribed anti-nausea medication. Nausea may also be caused by swallowing a small amount of blood. Although unpleasant, it is usually transient and is not harmful. In the event of nausea and/or vomiting, stop taking all oral medication, lie down, apply a cool compress to your head, and remain inactive. Wait at least one hour before you resume eating. Begin with clear liquids (broth, apple juice) and dry carbohydrates (toast, crackers). Avoid carbonated beverages for the first 48 hours after surgery. Also avoid caffeine and dairy products until the nausea subsides. If nausea persists, please call for assistance. It may be necessary to change your prescription medication.

Jaw Stiffness

Stiffness (Trismus) of the jaw muscles may cause difficulty in opening your mouth for a few days following surgery. This is a normal post-operative event that will resolve in time. Taking 400-600mg or ibuprofen* every 4 hours and apply heat to the jaw muscles using an electric heating pad on a low setting to help resolve stiffness.

***Do not** take ibuprofen or similar compounds if allergic to aspirin.

Wearing your Prosthesis

Dentures, flippers, or partials should not be used immediately after surgery unless directed to do so by your doctor.

Special Concerns & Considerations:

- Move slowly when going from a reclining position to sitting or standing. Reduces nutritional intake, prescriptions pain medication, and intravenous anesthetics can cause dizziness, lightheadedness, and loss of balance. After lying down, always sit for one minute before standing. If, upon standing, you begin to feel lightheaded or dizzy, lay back down, wait five minutes, and then try again.
- After bone grafting it is normal to occasionally detect small amounts of a gritty substance in the saliva. This is a harmless supplemental graft material with the consistency of fine sand or sugar granules.
- If the corners of the mouth are stretched, they may dry out and crack. Your lips should be kept moist with an ointment such as Vaseline.
- There may be a slight elevation of body temperature for 24-48 hours. This is normal and is usually due to slight dehydration. Increasing your fluid intake should resolve this problem. If an elevated temperature persists for more than 48 hours, please notify the office.

Post-Operative Instructions for Periodontal Surgery

Congratulations! You have finished a very important phase of your periodontal treatment and now it is time to begin the healing process. It is important to understand that some discomfort, swelling and bruising is normal. Every patient is different and there is no way of predicting if you will experience any of these symptoms. The medications that have been prescribed to you will help keep you comfortable for the next few days. **Please follow the instructions carefully when taking these medications.**

Activity: You are advised to take things relatively easy for the next 24 hours and to keep your head and feet elevated. Do not do any strenuous activities such as running, heavy lifting, mowing the lawn, cleaning the house, etc. for 24-48 hours.

Smoking: If you smoke, we recommend that you NOT smoke for the next 3-4 days and preferably decrease smoking by 50% or more for the next 2-3 months. The heat and chemicals from the smoke irritate the surgical area, resulting in prolonged and more painful healing, an increase in the risk for infection, and possible failure of treatment.

Blowing Your Nose: Some surgeries in the upper jaw region may be in proximity of your sinuses. We recommend that you wipe your nose instead of blowing it for the next 2-3 weeks. This will prevent premature opening of the sinus that can result in an infection. If nasal congestion occurs, you may use an over-the-counter nasal spray.

Antibiotics/Pain Meds: Not all surgical procedures require antibiotics. If you are given an antibiotic prescription, be sure to take the antibiotic for the total number of days as directed on the prescription label. Please do not discontinue the antibiotic unless you suspect an adverse reaction (rash/itching), in which case, contact us **immediately!** It is also very important that you take the first pain tablet **before** the anesthetic wears off, then around the clock for the first 24 hours. After 24 hours, take as needed to keep you comfortable. Always take pain medication with food or a glass of milk to decrease nausea/vomiting.

Bandages: If a bandage (packing) has been placed, it should stay in place until you return to our office in 5-7 days, at which time it will be removed. **DO NOT BRUSH around the packing!** Brush and floss the rest of your teeth normally. The packing will look like pink bubble gum and if it becomes loose or portions of it come off, **do not panic.** Gently push it back in place or, if it cannot be put back in place, simply remove it. If it comes completely off within 3-5 days after surgery, contact our office for advice. Otherwise, we will remove it at your next visit.

Oral Hygiene: **Do not brush or floss the surgical area for the first 10-14 days!** Brush all the rest of your teeth normally but stay away from the surgical area. A prescription mouthwash (Chlorhexidine) will be dispensed at your surgical appointment and should be swished **very gently** in the surgical area 2 times per day (directions are on the bottle). Do not eat or drink anything 30 minutes **before or after** using this mouthwash as it will decrease the effectiveness of the medication. You may begin **lightly** brushing the surgical area 10-14 days following the surgery with a very soft bristled toothbrush but do not floss or use an electric toothbrush until instructed. You will be instructed on how to clean the surgical site at your evaluation appointment in 2-3 weeks.

Bone Graft: If a bone graft was part of your procedure you may notice small particles that may feel like sand in your mouth for the next several days. This is okay, but remember to **gently** use the prescribed mouthwash and do not create any suction when spitting out. This will minimize the loss of extra bone particles.

Diet Following Surgery: It is very important for you to maintain a well balanced diet during your healing period. **You do not have to stay on a liquid diet.** You may eat a variety of foods as long as you can chew them easily. Foods such as soup, mashed potatoes, cottage cheese, macaroni and cheese, yogurt, powdered protein supplement drinks, pudding, canned fruit, soft cooked vegetables and easy to chew meat (in small pieces) should be tolerated well. The only foods to avoid are those with shells, husks, sharp edges, those that are spicy or those that take a lot of force to chew. Try to avoid chewing on the surgical side for at least the first week.

~ POSSIBLE PROBLEMS ~

Bleeding: We try very hard not to involve major blood vessels in the areas of surgery; however, the small vessels may continue to ooze for a couple days following surgery. If you have caused the area to bleed, or if the persistent oozing is bothersome, put your feet up, elevate your head and place a well-moistened tea bag in your mouth over the bleeding site for several minutes. This will usually retard the bleeding significantly. If you feel that you are having unexplained or excessive bleeding and the teabag is not effective within 20-30 minutes, please call us.

Swelling/Bruising: Regardless of the use of ice packs, you still may experience a certain amount of swelling or bruising based on the type of surgery you have had. It will often take 7-10 days for the swelling to decrease. It is a good idea to use an ice pack for the first 24 hours after surgery and then use moist heat such as a warm washcloth or a heating pad to control any swelling that maybe present. If you are concerned about the amount of swelling you are experiencing, **please call us.** If you have been prescribed a medication for swelling be sure to take as directed until it is completely gone. Bruising is not uncommon and should not be cause for alarm. Your body is just responding to your treatment.

Fever: It is not uncommon to run a slight temperature following surgical treatment. Drinking a lot of liquids will generally control the temperature increase but if your temperature elevates to 101 degrees or higher, **please call us.**

Tooth Sensitivity: The teeth are frequently very sensitive, especially to cold, for several weeks or months after surgery. This sensitivity is usually temporary and will decrease more rapidly with good daily brushing. Although flossing helps as well, wait till you are instructed to begin flossing the area.

Increased Tooth Mobility: The teeth in the surgical area are often more mobile for a few weeks after surgery. Ultimately the teeth and the gums will tighten up to the strength they were before surgery.

Sore Throat: It is not uncommon to have a sore throat following surgical treatment. If this should occur, treat yourself as you would for a common sore throat with lozenges and salt water rinses.

We are always happy to answer any questions or concerns you might have. Please feel free to call us.



Post-Operative Instructions Sedation Patients

Initial Below

- 1. Patient cannot drive until morning after sedation.
- 2. Patient should not operate any hazardous devices until morning after.
- 3. A responsible person should be with the patient until he/she has fully recovered from the effects of the sedation (generally around 4 hours post op).
- 4. Patient should not go up and down stairs unattended. Let the patient stay on the ground floor until recovered.
- 5. Patient can eat whenever he/she feels up to it once numbness from local anesthetic wears off. A soft diet is recommended for the first 24-hours.
- 6. Patient needs to drink plenty of fluids (64 oz.of water within 6 hours post op). Small sips are best. Do not drink alcohol or caffeinated beverages.
- 7. Patient may sleep for a long time or may be alert when he/she leaves. Attend to both alert and sleepy patient in the same manner. DO NOT LEAVE PATIENT ALONE. Have patient sleep in a reclined or horizontal position.
- 8. Always hold patient's arm when walking.
- 9. Never let patient use restroom unattended. Men are recommended to "sit" while using the restroom. This is for their safety.

Following most surgical procedures, there may or may not be pain depending on their threshold for pain. They will be provided with medication for discomfort that is appropriate for them. In most cases, a non-narcotic pain regimen will be given. If a narcotic has been prescribed, follow the directions carefully.

Call us if patient has any questions or difficulties. If you feel that their symptoms warrant a physician and you are unable to reach us, go to the nearest emergency room immediately.

**OFFICE PHONE (817) 329-4746
Huckabee Dental After-hours Emergency # (817) 689-0735**

Signature of Responsible Adult _____ Date _____